

Graduation

11 Army-connected students selected as the best and the brightest. See p. B-1.



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1st Lt. Grace Lu, 2nd Battalion, 27th Infantry Regiment Public Affairs, 3rd Brigade Combat Team, 25th Infantry Division

Spc. Tinita Taylor advances with her squad as they enter an open area during the JOTC.

Soldier is first female to complete JOTC

SGT. BRIAN C. ERICKSON

3rd Brigade Combat Team Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — A female Soldier from 3rd Brigade Combat Team, 25th Infantry Division, became the first female to complete the Jungle Operations Training Course as an infantryman when she graduated from the course, Monday.

"I wanted to prove to the men that I can do what they can do," said Spc. Tinita Taylor, Headquarters and Headquarters Company, 3rd BCT.

Completing the course was not an easy task for her. According to Taylor, the mental tasks were the hardest to overcome.

"I had to keep reminding myself 'mind over matter'; my head and body had to work together to finish this," said Taylor.

"My body held up, but telling myself I can do it is what I needed to do," she continued.

The Caruthersville, Mo., native said she got her drive from wanting to be one of her childhood role models.

"By completing this course, I feel I am halfway to being that warrior princess I want to be," said Taylor.

Enduring the course opened Taylor's eyes to what infantrymen do, and she found a new respect for them.

In the Army for just three years, this accomplishment really makes those around her see what she is able to accomplish in such a short time, none other than her first line supervisor.

"She is an outstanding go-getter, rising to the occasion every time she is needed to step up," said Sgt. Wayne Murray, HHC, 3rd BCT.

Graduating from jungle school is just the beginning of what Taylor has in mind to add to her list of accomplishments.

"My goal is to be the first female Soldier to complete Ranger School."

— **Spc. Tinita Taylor**
Headquarters and Headquarters Company,
3rd Brigade Combat Team

Next up is Air Assault, which she plans on attending later this year, and then it is on to Pre-Ranger and Ranger School.

"My goal is to be the first female Soldier to complete Ranger School," said Taylor.



Sgt. Brian Erickson, 3rd Brigade Combat Team Public Affairs, 25th Infantry Division

Spc. Tinita Taylor, HHC, 3rd BCT, 25th ID, receives her Jungle Expert tab from Capt. Robert Conway, commander, Co. C, 2-27th Inf. Regt., 3rd BCT, 25th ID, during the JOTC graduation ceremony, Monday.

Engineers wrap up mission in Afghanistan

8TH THEATER SUSTAINMENT COMMAND
Public Affairs

WHEELER ARMY AIRFIELD — More than 100 Soldiers from the 130th Engineer Brigade's headquarters, 8th Theater Sustainment Command, reunited with their families, here, Wednesday, after serving nine months as the Theater Engineer Brigade for

Afghanistan in support of Operation Enduring Freedom.

The unit first deployed to Bagram Airfield in September, 2013, and then moved to Kabul to support the International Security Assistance Forces (ISAF) by providing theater engineer capabilities.

Its duties included the development of

the Afghan National Army Engineer Force, ISAF construction projects, base realignment and closure operations, and route clearance missions.

Friends and family members filled the hangar at Wheeler Gulch, holding newborn babies; homemade, welcome home signs; and bushels of lei. The crowd's anxious chatting and laughter was interrupted by quick peeks at their watches and stares at the door their troops would soon walk through to a standing ovation and flickering camera flashes.

"I realize that I'm the only thing standing between you and these excited family members and friends, so I'll make this very short," said Maj. Gen. Stephen Lyons, commander, 8th TSC.

Lyons applauded the adaptability and critical role the unit played in Afghanistan, and thanked the troops and families for their sacrifice and service, before quickly turning the formation over to its commander, Col. Diana Holland.

When released, the two crowds crashed into each other in a wave of tears, hugs and kisses.

Other elements of the brigade also returned earlier in the year, and members of its 65th Eng. Battalion are now wrapping up their mission in Afghanistan.

During its headquarters deployment, the brigade's subordinate units have continued to conduct missions throughout the Pacific theater.



Sgt. 1st Class Mary E. Ferguson, 8th Theater Sustainment Command Public Affairs

Staff Sgt. Steven Moore, 130th Eng. Bde., is welcomed home by his family, Wednesday, after serving nine months in Afghanistan.

Enlisted housing reopens at TAMC

Story and photo by
DINO W. BUCHANAN
Honolulu District Public Affairs
U.S. Army Corps of Engineers

HONOLULU — Officials reopened renovated Un-accompanied Enlisted Personnel Housing (UEPH) at Bldg. 104 during a maile lei untying and blessing ceremony at Tripler Army Medical Center, Friday.

The upgraded UEPH will house companies A, B and D of the TAMC Troop Command.



Kahu Kordell Kekoa (right) performs a Hawaiian blessing as (from left) Frank Okimoto, vice president, Nan, Inc.; Lt. Col. Thomas Asbery, commander, USACE-Honolulu District; Col. James Davidson, commander, Troop Command, TAMC; and Command Sgt. Maj. Donald George, Troop Command, TAMC, prepare to untie the maile lei to officially open the renovated UEPH, Friday.

The ceremony was conducted by TAMC, the U.S. Army Corps of Engineers, U.S. Army Garrison-Hawaii and contractor Sumo-Nan, Inc.

Lt. Col. Thomas D. Asbery, commander, USACE-Honolulu District, told guests that renovation of the barracks "continues the Corps' strong partnership and commitment to building and refurbishing quality facilities for the garrison and Soldiers."

"This highly energy-efficient and upgraded barracks provides TAMC Troop Command Soldiers with modern, state-of-the-art accommodations, while also helping to reduce the post's energy consumption and costs," Asbery added.

The design-build construction contract for the 94-Soldier barracks, located about 100 yards down the makai hillside from the Tripler parking garage on Krukowski Road, was awarded to Sumo-Nan, Inc., on May 25, 2011, for \$15,996,619.

The three-story UEPH will feature Soldiers living in the one-plus-one, two-man suites that feature a shared kitchenette with a cooktop range and oven, a microwave, a refrigerator and dining area, a shared bath, central air conditioning, cable TV and Internet service. Project amenities also include central laundry facilities on each floor, a motorcycle shed and a recycling and trash facility.

(Editor's note: Read about how the renovated facility earned a "Silver Certification" for energy for green buildings, providing the Army future savings, at www.HawaiiArmyWeekly.com.)

POHAKULOA TRAINING AREA, HAWAII 561st conducts MSR construction, live-fire

1ST LT. MARC OROZC AND 1ST LT. CARLIE TURNIDGE

130th Engineer Brigade
8th Theater Sustainment Command

POHAKULOA TRAINING AREA, Hawaii — After completing a 60-day construction mission and multiple training exercises, here, April 1-June 1, Soldiers of the 561st Engineer Company (Horizontal), 84th Eng. Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command, have returned to Oahu.

Due to the heavy rainfalls and runoff from Mauna Kea volcano, there were much-needed drainage improvements on the main support routes (MSR) surrounding the area.

Massive amounts of water flowing down the volcano washed out certain portions of the roads and made it difficult for traffic to travel safely.

The unit's construction mission consisted

See 561st A-4



The 561st Eng. Co. (Horizontal), installs drainage on the road during the unit's 60-day training and construction mission, April 1-June 1.



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New leadership team for Pacific Signaleers

LIANA KIM

311th Signal Command (Theater)

FORT SHAFTER — The 311th Signal Command (Theater) welcomed a new leadership team for the Army’s Signal mission throughout the Pacific region during two official ceremonies on Palm Circle Parade Field, here, May 28.

Change of Responsibility

Command Sgt. Maj. Travis L. Cherry relinquished the noncommissioned officer’s sword to interim Command Sgt. Maj. Allan Braswell, who became the Pacific’s senior enlisted Signal leader.

Cherry spoke of his confidence in Braswell’s ability to carry the torch as the senior NCO of the command.

“Today, you are welcoming a seasoned leader from within your own ranks: Command Sgt. Maj. Allen Braswell. I am confident that he will continue the proud legacy of the 311th as the premier Signal command,” Cherry said. “Command Sgt. Maj. Braswell, I know the 311th team will take care of you, as they have taken care of me.”

Braswell’s assignment with the 311th comes after a successful two-year tour as the senior enlisted leader for the 516th Sig. Brigade. Also at Fort Shafter, the 516th is the most geographically dispersed Signal brigade in the Army.

“This is an exciting time to be a Signaleer in the Pacific, and I am proud to be a part of it,” said Braswell. “I will honor this selection by serving with the integrity, loyalty, passion and profession-



Liana Kim, 311th Signal Command (Theater) Public Affairs

Maj. Gen. James Walton (left), outgoing commander, 311th SC(T), and Maj. Gen. Lawrence Brock, incoming commander, prepare to review troops before the change of command, May 28.

alism that is expected of me.”

Cherry takes his expertise to his new assignment with the U.S. Army Signal Regiment, U.S. Army Signal Center of Excellence, and during the center’s transformation, he will serve as the first senior enlisted leader of the U.S. Army Cyber Center of Excellence.

Change of Command

Maj. Gen. Lawrence W. Brock took



Spc. Jacob Kohrs, 311th Signal Command (Theater) Public Affairs

Command Sgt. Maj. Allen Braswell (right) accepts the NCO sword from Command Sgt. Maj. Milton Weatherly.

extra step. We must continue working toward the same end state, in which I have no doubt, we will be successful.”

Walton takes expertise to his new assignment as deputy chief of staff, Transformation and Restationing, U.S. Forces Korea.

“While change is constant in our line of work, the one thing that remains the same is the dedication of our excellent and dynamic team of Soldiers and civilians to achieve our vast mission throughout the Pacific region,” Walton said.

Gen. Vincent K. Brooks, commander, USARPAC, hosted the ceremony. The Tropic Lightning Band provided musical accompaniment and a quartet from the 9th Mission Readiness Command performed the national anthem.

BRIDGING THE BASICS

Junior enlisted need to take ownership of units

SGT. 1ST CLASS MATTHEW A. NORMAN

Tripler Army Medical Center

As our Army continues the Bridging the Basics campaign, it is important to recognize that most Soldiers currently serving in the Army have never served in a garrison Army.

In 1998, I reported to my first unit, 1st Battalion, 17th Field Artillery Regiment.

The motto “in times of peace, prepare for war” was powerful in itself. We were in a period of peace; yet, we fully understood we were an instrument of war.

During that time, some Army units supported Operation Desert Storm. However, most had not been in combat since the Vietnam War.

I remember being introduced to my squad leader and thinking to myself, how impressive he was simply because he had a combat patch. Remarkably, he was the only staff sergeant with a combat patch at that time. Today, just the opposite is true. A leader without a combat patch is the exception, not the rule.

Oct. 7, 2001, when we started combat operations in Afghanistan, that motto, and many others that referred to times of peace, became obsolete and have remained that way for the past 12 years.

Despite the opinions of some, I don’t believe that the standards of the Army have been changed. Rather, I believe the focus on what’s important has been changed. In the Army of old, you showed up to Monday work call formation in a pressed uniform, a fresh tight haircut and ultra-shined boots, just to climb through your truck performing command maintenance.

Why? It was the standard. But most importantly, the focus was on readiness for war. Soldiers had pride in their appearance and took ownership of their equipment and the organization.

In today’s Army, we have low maintenance uniforms and no shine boots.

While effective for combat operations, I feel these uniforms have left a gap with Soldiers when it comes to pride in their appearance and discipline.

We have an emphasis on training to fight, but that emphasis involves training for the ever-changing tactics, techniques and procedures of our enemies. We alter training plans to incorporate lessons learned and future operational agility to ensure maximum effectiveness and safety during combat operations.

An intense focus is placed on preparing Soldiers and their families to be apart while downrange.

In the days of old, we conducted training; we were proficient in theoretic combat techniques. We focused on the Soldier, the profession, the appearance and, most importantly, the overall standard of being ready.

As a leader who has been in the ranks during the transition from garrison to war and back to garrison, I assert that it is critical that we put as much energy in to training our Soldiers on the standards of the profession of arms as we do on training them in the art of war.

A practical Bridging the Basics method used in my unit includes reinvigorating the noncommissioned officer and junior enlisted professional development programs. These programs are focused on the traditions, heraldry, standards and the overall profession of arms.

To go further, we, as leaders, need to bring back programs like the command inspection program, and we need to instill discipline through drill and ceremony.

For the Army to return to the basics, the mindset of Soldiers has to be changed; pride in service alone is not enough. Soldiers must take ownership of their organization. They must get involved, conduct dining-ins, payday activities, spread esprit de corps and hold Sergeant’s Time training.

(Editor’s note: Norman is the senior clinical enlisted leader at TAMC.)



Norman

FOOTSTEPS in FAITH

How do we become resilient?

Helen Keller’s life can teach us all resiliency

CHAPLAIN (COL.) KEN REVELL

94th Army Air and Missile Defense Command

Resiliency is the ability to adapt, overcome, survive and thrive.

And in some cases, resiliency means becoming bigger than what has happened to us.

Resiliency is more than mental toughness, grit and tenacity. While it is that, it is more.

Resiliency involves the dynamics of elasticity, flexibility and agility. It means bending without breaking. It can become what it needs to be, and then rise above adversity. Resiliency is the combat unit’s capacity to regroup, retool and refit after a setback.

The pressing question for all of us is how we become resilient people. How do we create resiliency in our personal lives, in our families and in our professional lives? How do we have resilience after setbacks and challenges and in the whole of life? If this is your desire, I pray that the following propositions will prove helpful in your extraordinary venture:

•Have a vision; be demanding! Vision is not illusion. Vision is not hallucination. Vision is not magic. Get rid of these. Falsities will keep you stuck in the muddy mire.

Vision is the cultivation of a life passion, the discovery of life calling. Lives filled with meaning, purpose and direction provide us buoyancy in dealing with the roughest seas of our journey.

•Grow through storms; don’t just go through storms! When it comes to growing through storms, I think Robert Browning says it well:

“I walked a mile with Pleasure; she chatted all the way; but left me none the wiser for all she had to say.

I walked a mile with Sorrow; And not a word said she; But, oh! The things I learned from her, When Sorrow walked with me.”



Revell

of the joys and challenges of life.

•Jettison toxic emotions and attitudes from your life! Bitterness, rage, vindictiveness, festering and hurts are like cancers to the soul. They cloud, impair and often cripple our forward movement.

All this is not to say there is no place for catharsis. But there is a difference between therapeutic catharsis and recycling pain. The point of therapy is to

offload such toxicity and lighten the burden for healthy forward movement.

•Hang around resilient people! Finally, if you expect to be resilient, hang around and learn from resilient people. Get inside their mind, learn how they think and model appropriate aspects of their behavior.

When I think of resilient people, I think of Helen Keller. She was an activist, author and educator. She was the first deaf and blind person to earn a Bachelor of Arts degree.

Given the fact that she had a healthy dose of realism matched with an incurable sense of optimism, Keller demonstrated the ability to adapt, overcome and, in many ways, became bigger than her circumstances.

“Although the world is full of suffering, it is full also of the overcoming of it. My optimism, then, does not rest on the absence of evil, but on a glad belief in the preponderance of good and a willing effort always to cooperate.”

— Hellen Keller
Activist, Author and Educator

A mature individual is a good steward

Voices of Ohana

The Army’s 239th birthday is June 14.

“What has been your favorite Army experience so far?”

Photos by 500th Military Intelligence Brigade Public Affairs



“The food.”

Pfc. Greer Pena
Intelligence analyst,
Co. C, 205th MI Bn.,
500th MI Bde.



“Training events overseas.”

Spc. John Ransone
Co. C, 205th MI Bn.,
500th MI Bde.



“Getting out of (New) Jersey.”

Spc. Andre Rodriguez
Intelligence analyst,
Co. C, 205th MI Bn.,
500th MI Bde.



“Travel and team-building.”

Spc. Adrian Sigmon
Intelligence analyst,
Co. C, 205th MI Bn.,
500th MI Bde.



“Riding a helicopter!”

Pfc. Treadarius Spivy
Co. C, 205th MI Bn.,
500th MI Bde.

BSCP builds 599th Trans’ versatility

Story and photo by
DONNA KLAPAKIS
599th Transportation Brigade Public Affairs

WHEELER ARMY AIRFIELD — The 599th Transportation Brigade, here, became much more versatile in the ways it communicates when it received the Brigade Standard Communications Package (BSCP) from its higher headquarters, Military Surface Deployment and Distribution Command.

Formerly, when the brigade needed to support service members in a Third World country, or other environment that did not have the necessary communications capability, it would request a complete Deployable Port Operations Center (DPOC).

“The DPOC has been downsized,” said information management team leader Valerie Van Vleet. “It used to provide for shelter and power. Now we have the BSCP, which is comprised of a package with the equipment we need to communicate in semi-remote locations that have their own shelter and power. We wouldn’t request a DPOC now, unless we had to deploy in support of a real contingency in a remote environment.

“This is a much smaller package, and the purpose is for us to deploy,” Van Vleet added. “The great thing about the BSCP is that it is capable of deploying quickly to anywhere in the Pacific theater. A DPOC would normally take much longer by sea to get to anywhere in our area.”

The communications team in the information management section updates part of the system, daily.

“We are required to maintain our unclassified systems via the Dock and Lock shelving unit,” said Van Vleet. “Continuity is maintained because they remain connected to the Multi-Media Communications System network. They are always ready.”

The team must also complete a monthly checklist after completing the testing for the entire system once a month.

“Assembling and updating the package for the monthly checks was difficult at first, but now it’s easy,” said information technology specialist Nefftaly Lugardo. “We had to adjust power to compensate for differences between Hawaii and the



599th Trans. Bde. demonstrates the BSCP antenna setup for visitors during a tour, April 9.

mainland.”

Lugardo said the team sets aside part of a week each month to work with the system.

“You need at least three people to set up the big antenna and two people for the small,” Lugardo said. “The number of hours it takes depends on the amount of troubleshooting we have to do that month.”

Although the package is much smaller

than a DPOC, it is still quite heavy with all of the components, Lugardo said.

The communications team is waiting for the right opportunity to deploy with the system, which can be used throughout the U.S. Pacific Command area of operations.

“The BSCP enhances our ability to go out into austere conditions and still do our job while maintaining good communications,” Lugardo said.

Pac Theater Army Week begins Sunday

U.S. ARMY-PACIFIC
Public Affairs

The U.S. Army will commemorate its 239th birthday, June 14.

The Army has had boots on the ground for 116 years in the Pacific region, providing security and stability throughout Indo-Asia-Pacific.

In honor of this service in the Pacific, the week of June 8-14 has been designated as Pacific Theater Army Week. U.S. Army-Pacific will host events that acknowledge the competence, character and commitment of the Army’s Soldiers, families and Department of the Army civilians.

The week consists of numerous events, including a veterans outreach program, a golf scramble, a senior leader softball tournament, a family fun run, a concert and the Army Commemoration Ball.

●**Warrior Challenge:** Soldiers from throughout the Pacific compete during the week to determine the best noncommissioned officer and enlisted U.S. Soldier in the Pacific. The Warrior Challenge will be hosted by the 25th Infantry Division. Most events will take place on

Schofield Barracks.

●**Army Music Hawaii Concert:** Army Music Hawaii will be performing two free concerts, open to the public. The “Legacy of Honor” sunset spectacular is 6-7 p.m., Tuesday and Wednesday, June 10-11, in the area between the Hale Koa Hotel and U.S. Army Museum of Hawaii on Fort DeRussy in Waikiki. The historical musical commemoration will celebrate the Army’s birthday and Pacific military history. The public is invited to bring chairs and blankets to this family friendly event.

●**Sisters in Arms:** USARPAC will host the Sisters in Arms panel, “Honoring the history of women’s service in the Pacific,” 12-2 p.m., June 12, 1790 Bougainville Loop, Aliamanu Military Reservation Chapel. The guest speaker is Gen. Vincent K. Brooks, USARPAC commander. Panel members from World War II, Viet-

nam and recent conflicts will participate in the event.



●**Army Birthday Commemoration:** Join the 239th commemoration at the Hilton Hawaiian Village in Honolulu, June 13. The party begins at 5 p.m. with refreshments; the formal portion kicks off at 6 p.m. This year’s theme is “America’s Army: Our Profession.”

For ticket information, contact your unit representative or Kole Miller at 438-9761 no later than June 12.

●**Pacific Theater Army Week:** See more activities at www.facebook.com/USARPAC?ref=hl#!/pages/Pacific-Army-Week/109800352559321?fref=ts.

Commands announce leadership changes

U.S. ARMY GARRISON-HAWAII
Public Affairs

The Army Hawaii community is invited to attend upcoming changes of command ceremonies.

The change of command ceremony is a time-honored tradition that formally symbolizes the continuity of authority when a command is passed from one commander to another.

The ceremonies, below, will take place at Weyand Field, Schofield Barracks, unless otherwise noted.

Times listed are start times for the change of command or responsibility. Awards ceremonies usually precede the change of command.

Leadership changes

●**June 16 at 10 a.m.** for 2nd Battalion, 35th Infantry Regiment, 3rd Brigade Combat Team, 25th Infantry Division. Lt. Col. James B. Bartholomees will relinquish command to Lt. Col. Ryan P. O’Connor.

●**June 17 at 10 a.m.** for 2-27th Inf. Regt., 3rd BCT, 25th ID. Lt. Col. Barrett M. Bernard will relinquish command to Lt. Col. Kevin J. Williams.

●**June 18 at 10 a.m.** for 3-4th Cavalry Regt., 3rd BCT, 25th ID. Lt. Col. David Zinn will relinquish command to Lt. Col. Daniel K. Mark.

●**June 19 at 10 a.m.** for 3rd Bde. Special Troops Bn., 3rd BCT, 25th ID. Lt. Col. Jonathan P. White will relinquish command to Lt. Col. Michael R. Binetti.

●**June 20 at 10 a.m.** for 325th Bde. Support Bn., 3rd BCT, 25th ID. Lt. Col. Irving H. Cross will relinquish command to Lt. Col. Patrick A. Disney.

●**June 27 at 10 a.m.** for 3rd BCT, 25th ID, Col. Brian S. Eiffler will relinquish command to Col. Scott W. Kelly.

●**July 10 at 10 a.m.** for 500th Military Intelligence Brigade. Col. William J. Mangan will relinquish command to Col. Patrick J. Wempes.

●**July 17 at 10 a.m.** for the U.S. Army Corps of Engineers, Honolulu District. Lt. Col. Thomas D. Asbery will relinquish command to Lt. Col. Christopher Crary at Fort Shafter’s historic Palm Circle parade field. Crary will become the 69th commander of USACE-Honolulu District. Asbery will become the deputy commander at USACE-Pacific Ocean Division. The POD commander, Maj. Gen. Richard L. Stevens, will be the presiding officer and will host the ceremony.

(Editor’s Note: Information listed is subject to change due to inclement weather. Contact the unit for more details.)

POHAKULOA TRAINING AREA, HAWAII

95th Eng. builds explosives skills

Troops work with assorted charges and fougasse

Story and photos by
1ST LT. MAXWELL MCDONNELL
130th Engineer Brigade
8th Theater Sustainment Command

POHAKULOA TRAINING AREA, Hawaii — Whatever the task, combat engineers are required to be at the forefront of the battle, enabling friendly maneuver forces or denying avenues of approach for the enemy.

The 95th Engineer Company (Clearance), 84th Eng. Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command, put its skills to the test during a three-week-long demolition range density and route clearance field training exercise, here, May 1-June 1.

“In comparison, PTA has a much higher blast limit than that of Schofield Barracks,” said Capt. Ryan Lacey, commander, 95th Eng. Co. “I could not believe many of these Soldiers have not handled a shape or crater charge since basic training. We’re out here at PTA to do things that just aren’t possible on Oahu.”

The unit trained on a variety of traditional explosives and was introduced to a wide array of improvised demolitions.

“This was an invaluable experience for our Sappers,” said 1st Lt. William Hinkley, 2nd Platoon leader. “We are now prepared more than ever to support our fellow infantrymen in a combined arms breach.”

Lastly, the engineers were introduced to expedient flame fougasse, an explosive that even many of the seasoned engineers were unfamiliar with. Per doctrine, fougasse is a form of napalm used for “incendiary, illuminating and signaling effects.” Constructed using a 55-gallon drum of gasoline and various explosives, fougasse was widely used in the Korean and Vietnam wars, as well as other conflicts.

“I’ve never seen a fireball that big, except in the movies,” said Pfc. Joshua Riffe, an engineer with 2nd Plt., 95th Eng. Co.

During the second half of the training, platoons finalized their tactics, techniques and procedures during a weeklong assured mobility field training exercise for the company’s future preparations for two separate Joint Readiness Training Center (JRTC) rotations at Fort Polk, La.

On average, the platoons cleared 25 kilometers a day along various unimproved routes, both mounted and dismounted. This clearance allowed them to train on detection and interrogation techniques and to use live demolition.

“As combat engineers, our Soldiers need to learn to be dependent on themselves and the



Sgt. 1st Class Bernard Miles, an engineer with the 95th Eng. Co. (Clearance), 84th Eng. Bn., 130th Eng. Bde., 8th TSC, draws on his Sapper expertise and teaches Soldiers how to construct expedient flame fougasse during training.

assets they have,” said Sgt. 1st Class Jeffery Weaver, an operations sergeant with the unit. “Route clearance is as much creative problem solving as anything.”

The restrictive terrain on the Big Island was truly a test for the unit and a change of pace on the training calendar.

“It really forced us to use visual means to detect IEDs (improvised explosive devices), as our metal detection assets rarely worked,” said Staff Sgt. Tyrone Parker, an engineer with the unit.

Leaders have said that the past few weeks will pay true dividends as the company ramps up for JRTC in July and August. As a result of this training, the 95th Eng. Co. is building stronger combat engineers and has significantly improved operational readiness to support contingency operations across the Pacific theater.

(Editor’s note: McDonnell is with the 95th Eng. Co. of the 84th Eng. Bn., 130th Eng. Bde, 8th TSC.)



Sgt. Mathew Charette, an engineer with 95th Eng. Co. (Clearance), 84th Eng. Bn., 130th Eng. Bde., 8th TSC, probes a suspected enemy weapons cache during an area clearance operation.

561st: Engineers improve PTA

CONTINUED FROM A-1

of improving the water runoff through the existing drainage sites and providing a stable means of travel for heavy maneuver teams along the Keeamuku MSR.

The mission provided an excellent opportunity for the engineers to achieve proficiency on a multitude of construction equipment, as well as a cross-training opportunity working with the 643rd Eng. Co., 84th Eng. Bn.’s vertical asset for the construction of concrete form-work and concrete emplacement.

“This was the first time I’ve worked with concrete,” said Sgt. Luis Holland, project crew leader, 2nd Platoon, 561st Eng. Co. “Being a (horizontal construction engineer), it was a great opportunity to receive vertical construction experience, skills and traits I can use throughout my engineering career.”

The construction projects were a part of a variety of road repairs throughout PTA assigned and funded by the Directorate of Public Works (DPW), U.S. Army Garrison-Pohakuloa, for troop construction.

“We appreciate the continuous troop construction from the 84th Eng. Bn.,” said Jim Bramblett, engineer technician, DPW. “They are making a significant difference throughout our training areas, providing future military units the opportunity to achieve the most effective training possible.”

After 30 days of construction, 561st Eng. Co. transitioned into two weeks of density training. The unit conducted day and night fire ranges, to include reflexive fire, and completed squad and platoon-level patrolling fundamentals, all of which led to their culminating event, a dismounted, platoon-sized live-fire exercise.

“It was nice to get away from garrison operations and be able to focus solely on our jobs as engineers,” said Sgt. David Jusino, platoon sergeant. “PTA was a great opportunity to get the essential training that was needed to continue to be successful.”

The 561st Eng. Co. will continue heavy construction on Oahu this summer, as well as provide a squad to support the 643rd Eng. Co. in the construction of guard towers at Marine Corps Base Hawaii.

8th TSC surpasses safety record at 1,000 days

Story and photo by
STAFF SGT. GAELN LOWERS
8th Theater Sustainment Command Public Affairs

FORT SHAFTER — The nearly 5,000 Soldiers and civilians of 8th Theater Sustainment Command surpassed an extraordinary safety milestone, May 29, reaching 1,000 days without an accident-related death.

The 8th TSC units are based at Fort Shafter, Schofield Barracks and Joint Base Pearl Harbor-Hickam, and 8th TSC Soldiers and families are active members throughout the Oahu community.

The unit’s commander, Maj. Gen. Steve Lyons, applauded the achievement as he officially changed the safety sign in front of the unit’s headquarters to 1,000 days. He attributed the record to 8th TSC Soldiers’ commitment to training, risk mitigation, strong leadership and emphasis on protecting the force at all levels, at all times.

The record reflects the number of consecu-

tive days without an accident-related death, both on and off duty. It covers a time period when elements of the TSC trained, operated and partnered with other services and other nations in Hawaii, Afghanistan and throughout the Pacific theater.

“Our goal is to sustain no fatalities for another 1,000 days,” said Lyons. “Attaining this goal requires comprehensive safety measures that address specific risks. I personally challenge each and every (8th TSC Soldier) to take the time to ‘think safety’ in all planned activities and how to mitigate risks.”

The 8th TSC is the senior Army logistics command in the Pacific, responsible for logistics and supply for land operations throughout the theater, employing 167 different skill sets, with 35 unique capabilities, to include Military Police, Quartermaster, Transportation, Explosive Ordnance Disposal, Army Watercraft, Dive and Engineers.



Tim Ah Young-Shelton (left), safety officer, 8th TSC, joins Maj. Gen. Steve Lyons, commander, 8th TSC, to change their safety sign to 1,000 accidental death-free days, May 29. The record, a safety milestone, includes accidental deaths on or off duty in more than three years.



Members of the Chinese Lion Dance Association perform a traditional lion dance to celebrate Asian-American and Pacific Islander Heritage Month at the Exchange, Friday.

Diversity celebrated

Dolls, dancing lions add to the observance

Story and photo by
SPC. DAVID INNES
8th Theater Sustainment Command Public Affairs

FORT SHAFTER — “I remember as a child, I found a beautiful Japanese ceramic doll and asked my grandma about it,” said Rep. Beth Fukumoto, minority floor leader for the Hawaii House of Representatives.

The doll represented a rare moment in Fukumoto’s childhood, which was mostly void of objects reflecting her Japanese culture.

Fukumoto’s family experienced the aftermath of the attack on Pearl Harbor, and its impact left a lasting impression on the American.

She shared this fact and other childhood memories with U.S. Army-Pacific troops who gathered at the Fort Shafter Post Exchange, May 29, for this

year’s Asian-American and Pacific Islander Heritage Month Observance, hosted by the 130th Engineer Brigade, 8th Theater Sustainment Command.

“The event was dedicated to recognizing the many contributions of Asian-American and Pacific Islander Heritage ancestry, but also served to educate the community,” said Sgt. 1st Class Rita Washington, Equal Opportunity advisor, 25th Infantry Division.

In addition to Fukumoto’s moving comments, the event featured song and dance, as children and adults from the Chinese Lion Dance Association performed a smaller version of a traditional lion dance.

The event highlighted some of the many influences Asian-American and Pacific Islander cultures continue to have more than 170 years later.

“This month of May is chosen because it commemorates the first immigration of the first Japanese to the United States on May 7, 1843,” said Washington.

USARPAC learns Executive Resilience

KATIE COPESEY
Comprehensive Soldier and Family Fitness

FORT SHAFTER FLATS — The Comprehensive Soldier and Family Fitness (C2F2) Center hosted 39 senior U.S. Army-Pacific leaders, May 28, during an Executive Resilience and Performance Enhancement Course, here.

“The Executive Resilience and Performance Enhancement Course is the newest addition to the services that we provide,” said Eric Schrager, the CSF2 Training Center manager. “The goal is to educate leaders on the program so that it can be properly implemented.”

Maj. Gen. James Pasquarette, USARPAC chief of staff and former director of the C2F2 program, provided opening remarks. He encouraged all attendees to promote and prioritize the use of their master resilience trainers (MRTs) to teach the 14 life skills and to continue to enhance the resiliency of the force.

“I think it is quite telling that Gen. Brooks took the time out of his busy schedule to be present for the entire training event today. This sends a very strong message of how critical the CSF2 program is to the overall mission of the Army,” said Pasquarette, thanking the many spouses and Department of the Army civilians for being available to learn more about the program so



that the entire Army family can be affected.

“The CSF2 program has created over 22,000 MRTs to spread the message of how to effectively bounce back, as well as to grow and thrive during challenging times; however, without command buy-in, we are not seeing the culture change that this program was hoping to create,” said Schrager.

Gen. Vincent K. Brooks, USARPAC commander, welcomed the audience by challenging them to be open minded about integrating the vision of CSF2 within their units, as well as their personal lives.

“I know we all have very busy schedules, but for right now, let’s turn off our phones and be fully present and engaged so that we can soak in everything that Eric and Katie have for us this morning,” said Brooks. “I have been a strong supporter of CSF2 since its inception and cannot impress upon you all enough how the skills taught within this program can change the mindset of those that choose to apply these skills into their life.

“These life skills can have a dramatical-

ly positive impact on both the individual and the collective to enable people to better handle the stressors that they face and perform better both at work and home,” Brooks added.

Feedback received by the participants was positive and illustrated the importance of the CSF2 program at all levels.

“This was a very engaging and motivational presentation. I have a clearer understanding of the program and its value,” read one comment.

(Editor’s note: Copeskey is the lead MRT-performance expert and one of the Executive Resilience and Performance Enhancement Course leaders.)

Comprehensive Soldier and Family Fitness

The CSF2 Training Center is located on Schofield Barracks at 1612 Foote Ave., Bldg. 648 (near Sgt. Smith Theater). Call 655-9804.



Traffic Report lists closed roads, limited routes, construction detours and noise advisories received by press time from Army and Hawaii Department of Transportation (HDOT) sources. Motorists in affected areas are advised to use caution, to observe all signs and traffic personnel and to expect delays.

For an up-to-date listing of Army traffic advisories, visit www.garrison.hawaii.army.mil/info/trafficcalendar.htm.

Unless otherwise noted, all phone numbers are area code 808.

Today

East Range — An East Range retrofit project, which would’ve affected the water supply for all of the buildings on East Range, was cancelled. There will be no disruption of water.

Road Closure — A full road closure of Schofield Barracks’ Lyman Road (between Mellichamp and Trimble roads) continues until July 2. Local access to South Range and the motor pool will be permitted via Lyman from the Mellichamp side. No walkway will be maintained along Lyman Road.

9 / Monday

Park Place — A maintenance and repair project of a duct line from manholes MH-60 (next to Glennan Road, Bldg. 689) to MH-004 (Quad F parking lot) projects will require a parking lot closure next to Bldg. 689 and partial closure of the parking lot next to Quad F until June 18.

10 / Tuesday

Kunia Gate — There will be a 24-hour road closure on Wright Avenue exiting out of Wheeler from today through July 7.

- Phase 1 will be working on the Kunia Gate exit-bound lane on Wright Avenue through June 13.
- Phase 2 will be working on the Kunia Gate inbound lanes on Wright Avenue from June 16-July 7.

Vehicles from Lyman Gate, Schofield, will be contra flowed to the exit-bound lane to enter Wheeler. All vehicles exiting WAAF will be detoured to Kawamura Gate.

14 / Saturday

Lane Closures — They take place at Trimble and Carpenter intersection, Schofield Barracks. A lane will always be open in all directions during construction to July 11. Work hours are weekdays, 9 a.m.-2:30 p.m., and weekends, 8 a.m.-4:30 p.m. Steel plates will cover after work hours.



Today

Access Error — myPay users are reporting problems accessing myPay using their login ID/password or Smart-Card. Reports indicate users get a blank screen and then are returned to the myPay homepage.

If you experience this problem, try to reload the page using Ctrl R or Ctrl F5. If the error continues, you may need to clear your entire cache and delete any temporary files residing in your web browser.

Visit the myPay Tips & Tricks page at www.dfas.mil/mypayinfo/tipsandtricks.html.

Replay — If you missed Vice Chief of Staff Gen. John Campbell’s Facebook townhall discussion on “Soldier for Life,” find out what happened at www.facebook.com/VCSAJohnCampbell.

Men’s Health — Lt. Gen. Patricia Horoho, Army Surgeon General and commander, U.S. Army Medical Command, encourages all men to make their health a priority and take a more proactive role in their health during Men’s Health Month (June).

“Adhering to the Performance Triad components of sleep, activity and nutrition is a great way to start,” she said.

10 / Tuesday

No Fear I — The USAG-HI Equal Employment Opportunity Office presents mandatory anti-harassment/no fear training for civilian employees/supervisors and military supervisors of civilian employees at the Nehelani, Schofield Barracks. Call 438-4963.

- 8:30 a.m. for employees (a sign language interpreter will be provided for this session).
- 10 a.m. for supervisors.
- 1 p.m. for employees.
- 2:30 p.m. for employees.

Retirement — Army Benefits Center-Civilian hosts CSRS/FERS retirement briefings by Defense Connect on Line (DCO). Participants will learn requirements for retirement eligibility, consequences of making a deposit or redeposit, survivor annuity elections, eligibility for continuing FEHB/FEGLI into retirement, and the process for submitting a retirement application.

- CSRS is 6-10 a.m., CST (1-5 a.m. Hawaii).
- FERS is 11 a.m.-3 p.m., CST (6-10 a.m. Hawaii).

The url for all briefings is <https://connect.dco.dod.mil/r316r7zmo07/>. Log in 10-15 minutes prior to start . Visit www.abc.army.mil/retdco.htm or call (877) 276-9287 or more information.

PAU HANA

"When work is finished."



500th MI shares Waialua event

Story and photo by
STAFF SGT. DAVID PADILLA

500th Military Intelligence Brigade Public Affairs

WAIALUA — Soldiers assigned to the 715th Military Intelligence Battalion, 500th MI Brigade, presented the colors during the Waialua High School graduation ceremony, recently, at the school gymnasium, here.

Spc. Matt Boyce, Spc. Whitney Boyce, Sgt. Tyler Gruis, Spc. Nathaniel Roppelt, Spc. Victor Shepard, and Spc. Karol Zak formed the color guard team and reaffirmed the unit's commitment to the school.

After the playing of the national and state anthems, graduating students clad in red and white graduation caps and gowns filed into the gymnasium to the cheers and applause of parents and school officials.

Following the graduating class entrance, the color guard posted the colors, marking the official commencement of the graduation ceremony.

The 500th MI Bde. and Waialua High School have been partnered through the School Partnership Program since Oct. 14, 2008. The unit and school renewed their partnership in February 2013.

"It felt good to perform at the graduation," Gruis said, who served as the color guard noncommissioned officer in charge. "It was an honor to be a part of the graduation ceremony for the class of 2014."



The 715th MI Bn., 500th MI Bde., color guard members (from left) Spc. Whitney Boyce, Spc. Victor Shepard, Spc. Karol Zak, Spc. Matt Boyce, Spc. Nathaniel Roppelt and Sgt. Tyler Gruis present the colors during Waialua High School's graduation ceremony, here, May 24.

(Photo has been altered from its original form; background elements have been removed.)

Army students shine, awarded at local graduations

Story and photos by
ARMY SCHOOL LIAISON OFFICE

Child and School Support Services
Directorate of Family and Morale,

Welfare and Recreation, U.S. Army Garrison-Hawaii

SCHOFIELD BARRACKS — The Hawaii Department of Education (HIDOE) has held its high school commencement ceremonies for the class of 2014.

At Leilehua, Mililani and Moanalua high schools, a total of 11 Army-connected students were selected as the best and the brightest among their peers.

These students graduated as co-valedictorians, which indicated that they had achieved a 4.0 grade point average, or GPA, or higher, on their scholastic courses for all four years of high school.

All of them completed their senior project and graduated with a Board of Education "Step Up" Diploma, which requires rigorous math, English and science coursework.

Leilehua High School

This school had six Army-connected students who graduated as co-valedictorians:

- Lady Jane Lizabet, the daughter of 2nd Lt. Osman Martinez and Daynis Cruz;
- Michael Chapman, the son of Lt. Col. Matthew and Gabriele Chapman;
- Ka Ram Yang, the daughter of Sgt. Seong Ban and Eunmi Yang;
- Mya Moore, the daughter of Teesha Gambles-Francis (government contractor); and
- Mary and Henry Eccles, the twins of Col. Thomas and Margaret Eccles.

"My wife and I are incredibly proud of Henry and Mary and grateful for all the opportunities and mentorship they have had at Leilehua High School," said Col. Eccles.

Mililani High School

The originally scheduled Mililani High



Leilehua High School co-valedictorians (from left) Lady Jane Lizabet, Mary Eccles, Henry Eccles, Michael Chapman, Ka Ram Yang and Mya Moore.



Mililani High School co-valedictorians (from left) Adriene Unpingco, Tierra Gogue-Garcia and Kiana Keller.

School graduation ceremony was postponed due to heavy rain and flooding; however, that didn't discourage the three valedictorians as



Moanalua High School co-valedictorians Nikita Price and Chelsey Mae Dizon.

the ceremony went on the following day:

- Tierra Gogue-Garcia, daughter of Chief Warrant Officer 2 Augusto and Eileen Garcia, Jr.;
- Kiana Keller, the daughter of Lt. Col. San-tipong and Lisa Keller; and

More Graduation

For more information about the graduation ceremonies, call the School Liaison Office at 655-8326 or visit www.hawaiipublicschools.org.

- Adriene Unpingco, the daughter of retired Capt. Vincent and Helen Unpingco.

The young Unpingco will continue her education on Oahu.

"Because most of my close friends are leaving the island for college, I'm most excited to see fresh faces and meet different people at UH West Oahu," said Unpingco. "As of now, my major is undecided. I intended to study elementary education at West Oahu, but I've recently taken a liking to nursing. I plan to transfer to Hawaii Pacific University after one year at West Oahu, if I do decide to major in nursing."

Moanalua High School

Two Army-connected valedictorians represent Moanalua H.S.:

- Chelsey Mae Dizon, the daughter of Maj. Michael and Ruby Dizon, and
- Nikita Price, the daughter of Col. J. Dave and Linaye Price.

Chelsey will be attending Chapman University on a full scholarship.

"I'm very blessed to receive the Chapman University Chancellor's Scholarship, and I'm glad I was able to earn it, not for myself, but for my parents," said Dizon.

Nikita will be attending the most prestigious and well-known of all the commissioning military programs in the nation, the United States Military Academy at West Point. According to its website, "Being accepted for admission to the United States Military Academy (USMA) at West Point is an exceptional honor reserved for our nation's most exceptional students."

A military family celebrates graduation – and PCS'ing challenges

By the time the Abbey's headmaster got to the graduates whose names started with an "M," my feet were bloody stumps from my two-inch sling-backs.

I got up from our reserved row of seats to get a better vantage point to take photographs. Our motley crew of relatives — sisters, aunts, grandmothers, an uncle, a cousin and my husband, who had already spilled coffee on his tie — had all come to see our son receive his high school diploma.

We were essentially the same as the other families seated around us, but somehow, I felt like our family was different.

The Abbey was our son's third high school in four years. Our Navy family was required to move after his 9th grade year at an Army barracks high school in Germany, to an inner-city public school in Florida, and finally to Rhode Island, where our son finished his senior year at the Abbey, a local boarding school.

We were surprised when our son was accepted to the school as a day student, and we were elated when the school offered us enough



THE MEAT & POTATOES OF LIFE

LISA SMITH MOLINARI
Contributing Writer

financial aid to make it affordable on our tight military budget.

At the Abbey's preseason football camp, our son made his debut as the new senior. He was quirky, husky and lacked the personal hygiene skills necessary to keep up with the school's strict dress code — a sort of "nutty professor" type.

In past schools, our unusual son was received with mixed reviews. In Germany, the students saw him as smart and uniquely funny, someone everyone wanted to know. In Florida, he was perceived as odd, and after two years, he did not manage to make any real friends.

Would the Abbey's wealthy, preppy boarding school students be able to look beyond our son's sloppy appearance and odd demeanor to appreciate his distinctive sense of humor and extraordinary intellect? Only time would tell.



Photo courtesy Lisa Smith Molinari

The author quickly snapped this photo of her son making his way to the stage to accept his high school diploma.

Throughout the year, we had mixed clues to our son's reputation at the Abbey. The students and faculty reported that he "stole the show" in the winter musical; however, of the four boys, our son invited to our house for his April birthday party, only one showed up.

"Emily Magnifico," the headmaster, called, and several students stood to cheer on their graduating friend. As I wobbled on painful

shoes up the rows with my camera, my mind raced with random thoughts. These students have had four years to bond. Our son wasn't here long enough to be understood.

"Sean McDonough," I heard with more applause as I inched closer to the stage.

Has our military lifestyle robbed our son of the opportunity to form close relationships with his peers? Does he think that it's his fault?

"Julian Minondo," sounded the loud speakers as I raised the camera with shaking hands and waited for my son's name to be called.

"Hayden Clark Molinari," I snapped the shutter, frantically catching glimpses through the viewfinder of my son making his way through the crowd of navy-jacketed students to the smiling headmaster. In a fog of emotion, I could not coordinate the still images I saw with my eyes with what I distinctly heard with my ears.

I took the camera away for a moment and realized — they are giving him a standing ovation.

Students and teachers leapt to their feet to cheer for an unusual boy who had been with them for nine short months. Through the din of applause and shouts, I managed to take a dozen more photographs before bursting into tears.



Briefs

Today

Aloha Friday Barbecue — The SB Leilehua grill offers a Friday barbecue lunch special, beginning at 11 a.m., until sold out. Menu items include smoked brisket ribs, pulled pork, barbecue chicken, pork chops, baked beans, cole slaw, potato salad and cornbread. Items cost \$8-\$10. Call 655-7131.

7 / Saturday

Learn to Swim — Enroll your keiki, June 7-8, in FMWR’s Learn to Swim lessons this summer. Classes are from June 16-26. All children must be registered with CYS prior to registration (mandatory). All classes are subject to change.

Eight 30-minute classes are \$60 per student; eight 45-minute classes are \$70.

Visit www.himwr.com/cyss-welcome-page/item/1325-learn-to-swim-2014 for more class and registration dates. Call 655-9698.

Ladies Golf Clinic — Ladies can experience a free 30-minute golf lesson at Leilehua Golf Course from PGA professionals. Lessons are offered the first Saturday of the month by appointment only. Call 655-4653.

9 / Monday

“Read to Me” — Summer program for children up to age 5 runs from June 9-July 12 for rewards program portion. For more details, contact USAG-HI FMWR libraries at 655-8002 (SB) or 438-9521 (FS).

Summer Reading Club — Program runs from June 9-July 12 for rewards program portion. Registration and packet pickup began June 2 for the summer reading club “Paws to Read!” for children, ages 6-12; teens, ages 12-18; and adults, 18 and older.

Read one book a week and receive a weekly award while supplies last. For more details, contact USAG-HI FMWR libraries at 655-8002 (SB) or 438-9521 (FS).

10 / Tuesday

Bubble Show — FS library hosts the Bubble Lady, 3 p.m., for a free educational and interactive show for all ages. Call 438-9521.

Tropics Game Nights — SB Tropics Warrior Zone features monthly tournaments:

- Pool & Ping Pong tournaments every Tuesday night, and
- Spades tournaments held Wednesday nights.

Both tournaments feature a 5:30-6 p.m. sign-up, with tournaments begin-



Photos courtesy of 3rd Battalion, 7th Field Artillery Regiment, 3rd Brigade Combat Team, 25th Infantry Division

Soldiers assigned to 3rd Bn., 7th FA Regt., 3rd BCT, 25th ID, pose for a photo together with Iliahi Elementary School staff members after being honored by the City and County of Honolulu City Council.

City honors 3-7th FA, partnership

SGT. BRIAN C. ERICKSON

3rd Brigade Combat Team Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — Soldiers from 3rd Battalion, 7th Field Artillery Regiment, “Never Broken,” 3rd Brigade Combat Team, 25th Infantry Division, received a certificate of proclamation from the City of Honolulu,



Staff Sgt. Brian Carter (left) and Chief Warrant Officer 2 Travon Crouchet, assigned to 3rd Bn., 7th FA Regt., 3rd BCT, 25th ID, read with students of Iliahi Elementary School during one of their weekly visits with the children at the school.

recently, for their partnership with Iliahi Elementary School.

“It has been an amazing year working as the officer in charge for the 3-7th FA’s School Partnership Program,” said 1st Lt. Curtis D. Jones III, assigned to 3-7th FA Regt., 3rd BCT.

Over the past 10 years, Never Broken Soldiers have been volunteering their time with the students of Iliahi Elementary School.

“The Soldiers of 3-7th FA always seem excited and enthusiastic about having the opportunity to volunteer in the community,” said Jones.

Every Tuesday morning, the battalion sends a group to the school to teach a physical training lesson with the children. After the training, Soldiers sit down with one of the school’s reading classes and help the children learn how to read better.

“Our Never Broken Soldiers have taken great pride in showing our future leaders that physical fitness, quality education and teamwork are key elements to be successful in life,” said Maj. Edward Gomez, operations officer, 3-7th FA Regt., 3rd BCT.

Soldiers from the battalion also assist the school with cleanups in the spring and the fall. They also participate in different ceremonies that the school holds, the latest being its Memorial Day recognition ceremony.

“It is my hope that this partnership continues its strength in future years and that the students, faculty and staff of Iliahi have as pleasurable an experience as the Soldiers of the Never Broken battalion,” said Jones.

ning promptly at 6 p.m., and championship finals the last week of the month. Call 655-5698.

11 / Wednesday

BOSS Meetings — Single Soldiers and geographic bachelors are invited to Better Opportunities for Single Soldiers meetings every Wednesday to discuss community service projects and fun upcoming programs. Call 655-1130.

Attend these meetings:

- North meetings, 3 p.m., 1st and 3rd Wednesday, SB Tropics Warrior Zone.
- South meetings, 10 a.m., 2nd and 4th Wednesdays, FS Bowling Center.

Teen Wednesdays — Cosmic Bowling for teens for \$2 at Wheeler Bowling Center, WAAF, 2-4 p.m. Free

shoes with a two-game minimum. Call 656-1745.

Manga Club — Teens are invited to discuss anything Manga, fan art and anime, 3 p.m., at SB Sgt. Yano Library. Manga Club now meets twice a month, on the second and fourth Wednesday of each month. Call 655-8002.

12 / Thursday

Bubble Show — SB Sgt. Yano Library hosts the Bubble Lady, 3 p.m., for a free educational and interactive show for all ages. Call 438-9521.

“Summer Fun” Right Arm Night — FS Hale Ikena hosts “Summer Fun” with drink specials and a pupu buffet beginning at 4 p.m.; a Texas Hold’em

tournament begins at 5 p.m. Free entry with spouses and DOD civilians welcome to this adult event. Call 438-1974.

Leilehua Thursdays — Join Chef Devin Lee, 4:30-7:30 p.m., every Thursday, at Leilehua’s driving range for hot dogs and burgers. Menu items cost \$3-\$4. Call 655-7131.

15 / Sunday

Father’s Day Brunch — Kolekole Bar & Grill and Hale Ikena celebrate dads and treat them to this annual tradition, with hourly seating from 9 a.m.-1 p.m. Call 438-1974 (FS) for Hale Ikena or 655-4466 for Kolekole Bar & Grill (SB) for reservations and prices.

Military discount of 10 percent for active duty and 20 percent for E1-E5.

community Calendar

Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

Today

Free Concerts — The historic Royal Hawaiian Band performs free public concerts, noon, every Friday of the month on the grounds of Iolani Palace.

First Friday Street Festival — Honolulu Chinatown area galleries and other arts venues open their doors, 5-9 p.m., for artist receptions, live music and refreshments. Events are free, and gallery walk maps are available at various locations. Visit www.artsatmarks.com or call 521-2903.

Waimea Valley — Waimea Valley seeks help to complete the Kauhale Restoration Project. The foundation is seeking volunteer groups interested in participating in its organized workdays to complete this project. Call 638-5855.

9 / Monday
Armed Services Blood Program — Blood drive scheduled, 11 a.m.-3 p.m., at the Schofield Exchange. To schedule an appointment, visit militaryblood.dod.mil/hawaii or call 433-6148.

10 / Tuesday
Fort DeRussy Free Concerts — Army Music Hawaii will be performing two free concerts, open to the public, 6-7 p.m., June 10 and 11, at the area between Hale Koa Hotel and U.S. Army Museum of Hawaii at Fort DeRussy.

12 / Thursday
Sisters in Arms — USARPAC will host a Sisters in Arms panel event, noon-2 p.m., titled “Honoring the history of women’s service in the Pacific,” at the AMR Chapel.

13 / Friday
Pearl Harbor Celebration — Paid admission is being waived for tours of the Battleship Missouri Memorial, Pacific Aviation Museum Pearl Harbor and USS Bowfin Submarine Museum and Park to celebrate the Army’s birthday. Present a

valid military I.D. at the ticket and information booth at the Pearl Harbor Visitor Center or on-site at each Pearl Harbor Historic Site. Active duty, retired and dependent Army members are invited to enjoy “free pass” days, June 13-14.

Pan-Pacific Hoolaulea — This special three-day celebration, June 13-15, includes a huge Friday night block party, a hula festival and a grand parade along Kalakaua Avenue in Waikiki. Visit www.pan-pacific-festival.com.

14 / Saturday
King Kamehameha Day Parade — This colorful celebration begins 9 a.m. and moves down King Street to Punchbowl, then moves into Waikiki via Ala Moana Boulevard. A Hoolaulea follows, 10 a.m.-3 p.m., at the Gateway Park. The events honor the reign of King Kamehameha, who was responsible for uniting the Hawaiian Islands under his rule in 1795.

17 / Tuesday
U.S. Army Museum of Hawaii — The U.S. Army Museum of Hawaii in Fort DeRussy re-opens to the general public, June 17, after maintenance and repair tem-

porarily closed the facility. The museum store, however, is open during repair work, Monday-Friday, 9 a.m.-3:30 p.m., on the east side of Bldg. 32, during construction. Call 942-0318.

Ongoing

Vehicle Registration — The City and County of Honolulu satellite vehicle registration office at Joint Base Pearl Harbor-Hickam is open for business 9 a.m.-4:30 p.m., Tuesdays and Thursdays, at 915 North Rd., Bldg. 1314, in the Club Pearl Complex. The service is open to all military personnel, their family members and civilians from all military bases with base access.

Online Academic Support — Tudor.com is a DOD-funded resource that provides help in all core school subjects and is offered at no cost to grades K-12 students in U.S. military families.

Go Akamai — Commuters can now check real-time traffic data at GoAkamai.org, courtesy of the Hawaii State Department of Transportation and the City and County of Honolulu, Department of Transportation Services.

Calendar abbreviations

8th TSC: 8th Theater Sustainment Command
25th ID: 25th Infantry Division
ACS: Army Community Service
AFAP: Army Family Action Plan
AFTB: Army Family Team Building
AMR: Aliamanu Military Reservation

ASYMCA: Armed Services YMCA
BCT: Brigade Combat Team
BSB: Brigade Support Battalion
Co.: Company
CYSS: Child, Youth and School Services
EFMP: Exceptional Family Member Program
FMWR: Family and Morale, Welfare and

Recreation
FRG: Family Readiness Group
FS: Fort Shafter
HMR: Helemano Military Reservation
IPC: Island Palm Communities
PFC: Physical Fitness Center
SB: Schofield Barracks

SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
TAMC: Tripler Army Medical Center
USAG-HI: U.S. Army Garrison-Hawaii
USARPAC: U.S. Army-Pacific
WAAF: Wheeler Army Airfield

worship Services

Additional religious services, children’s programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on “Religious Support Office” under the “Directorates and Support Staff” menu.)

AMR: Aliamanu Chapel
FD: Fort DeRussy Chapel
HMR: Helemano Chapel
MPC: Main Post Chapel, Schofield Barracks
PH: Aloha Jewish Chapel, Pearl Harbor
SC: Soldiers’ Chapel, Schofield Barracks
TAMC: Tripler Army Medical Center Chapel
WAAF: Wheeler Army Airfield Chapel

Buddhist Services

•First Sunday, 1 p.m. at FD
•Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass

•Thursday, 9 a.m. at AMR
•Saturday, 5 p.m. at TAMC, WAAF
•Sunday services:
- 8:30 a.m. at AMR
- 10:30 a.m. at MPC Annex
- 11 a.m. at TAMC
•Monday-Friday, 11:45 a.m. at MPC and 12 p.m.TAMC

Gospel Worship

•Sunday, noon. at MPC
•Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study

•Friday, 1 p.m. at MPC Annex
•Friday, 2:30 p.m., TAMC
•Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)

•Friday, 7:30 p.m. at PH

Pagan (Wicca)

•Friday, 7 p.m. at MPC Annex Room 232

Protestant Worship

•Sunday Services
-8:45 a.m. at MPC
-9 a.m., at FD, TAMC chapel
-10 a.m. at HMR
-10:30 a.m. at AMR
-10:45 a.m. at WAAF (Spanish language)
-11 a.m. at SC (Contemporary)
Liturgical (Lutheran/Anglican)
•Sunday, 9 a.m. at WAAF

This Week at the MOVIES
Sgt. Smith Theater

Call 624-2585 for movie listings or go to aafes.com under reeltime movie listing.



The Quiet Ones

(PG-13)
Fri., June 6, 7 p.m.

Rio 2

(G)
Sat., June 7, 2 p.m.

Transcendence

(PG-13)
Sat., June 7, 6 p.m.



Bears

(G)
Sun., June 8, 2 p.m.

The Other Woman

(PG-13)
Thurs., June 12, 7 p.m.

No shows on Mondays, Tuesdays or Wednesdays.



Performance Triad begins

LT. COL. NICOLE POWELL-DUNFORD
U.S. Army Health Clinic Schofield Barracks

SCHOFIELD BARRACKS — Medical Command’s Performance Triad 26-week challenge officially began Monday, here, with a clinic kick at the Soldier’s Pavilion.

The goal of the campaign is to promote good sleep, activity and nutrition in our families and us.

Ready, Begin

For those ready to take up the 26-week challenge, each week during the challenge, different sleep, activity and nutrition tips are provided and designed for improved health.

For those ready to join, the “clinic challenge” will feature a baseline, six-week, mid-point, 18-week and end of challenge personal assessments.

SAN Baseline Tracking Chart							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sleep							
1. Bedtime (Time)							
2. Wake time (Time)							
3. Do you feel well rested? (Y/N)							
Activity							
1. How long did you exercise today? (Minutes)							
2. Did you get up and move 10 minutes of every hour? (Y/N)							
Nutrition							
1. Did you eat at least 8 servings of fruits and vegetables? (Y/N)							
2. Did you eat at least 3 meals (goal of refueling every 4-5 waking hours)? (Y/N)							
3. Did you drink at least 8 cups of water (total 64 ounces)? (Y/N)							

Daily tracking through a baseline chart keeps a measurable table of performance.

At the clinic, here, each section with the highest participation rate (based on percentage in each clinic) will receive a pizza party at the end of the 26 weeks. Family member assessments can also be turned in to support your clinic’s efforts.


- What to Do**
- Adults, enhance your health with sleep, activity and nutrition, vital components to healthy living. Experts recommend the following:
- Get at least 7-8 hours of sleep each night.
 - Take 10,000 steps during your everyday routine.
 - Get at least 2 ½ hours of moderate-intensity activity and two days of muscle strengthening, per week.
 - Make half your plate fruits and veggies, each day, which is about eight servings, per day.
 - Build a healthy plate with lean proteins, fruits, veggies, whole grains and dairy.

Sample ‘National Fresh Fruit & Vegetable Month’ in June

HONOLULU — Kick off your summer with National Fresh Fruit and Vegetable Month.

Summer is a great time to fire up the grill, so why not try grilling your favorite fresh fruits and veggies.



**ASK THE DIETICIAN**

CHRISLIN YEE
Dietetic Intern
Tripler Army Medical Center

- Make kabobs. They’re fun, easy and a great way to experiment.
- Use herbs and spices to flavor vegetables.
- Avoid exposing the fruits and vegetables to direct flame. Foil is your friend; it helps preserve nutrients and flavor.
- Make a healthy dessert. Grilling pineapple or bananas offer an usual alternative.

Learn More

For more information about buying, storing, cooking fruits and vegetables, visit www.fruitsandveggiesmorematter.org.



Sarah Pacheco, Hawaii Army Weekly

MyPlate guidelines suggest filling half your plate of food with fruits and vegetables.

- Strategies**
- Here are some tips to finding great fresh produce for a reasonable price:
- Visit a farmers’ market. You’ll always find something different.
 - Check newspaper ads. Great deals on fresh fruits and vegetables can usually be found seasonally at the grocery store. It’s always a good idea to shop the perimeter of a grocery store to find these items.
 - Grow your own. Planting a vegetable garden is a great way to get the freshest produce and the whole family can get involved.
- Now, back to that greatly anticipated summer cookout. If you decide you want to try grilling fresh fruits and vegetables, here are some tips to becoming the ultimate grill master:
- Choose ripe fruits and vegetables. If the produce is overripe, they are more likely to fall apart while grilling.
 - Leave on the skins, which help maintain shape and add fiber to the meal.

Simulation Center hosts open house

Story and photos by
ANA ALLEN
Pacific Regional Medical Command
HONOLULU — Tripler Army Medical Center (TAMC) hosted an open house for its Medical Simulation Center, May 27, to highlight advanced technologies available to medical interns, residents and staff.

The interactive training tools are used as part of continuing education and training requirements.

Ruth Andrews, administrator, TAMC Simulation Program, said the event was a perfect opportunity to show the community advanced technologies that help to reproduce, as close to reality, environments and situations that enhance staff knowledge and, ultimately, the patient's experience.

"What's really great about simulation is that you can repeat scenarios as many times as you want without having to touch an actual patient. Staff can practice doing procedures that range from lumbar punctures to something as simple as an ultrasound," said Andrews. "Spending time in the Simulation Center sharpens their skills, and the patient benefits from that because their medical staff has more experience."

Brig. Gen. Dennis Doyle, commanding general for Pacific Regional Medical Command (PRMC) and TAMC, along with Capt. Andrew Findley, TAMC deputy commander of Clinical Services, were on hand for the event and interacted with systems. They saw or interacted with a fundamentals of laparoscopic trainer system, which allows surgical residents and practicing surgeons to develop psychomotor skills and dexterity required in basic laparoscopic surgery, as well as a high-fidelity virtual reality trainer for the da Vinci surgical robot.

Also on display was the "NOELLE," a high-fidelity delivery manikin that can blink and breath; it's warm to the touch. The robot is used for competency-based programs where realistic fetal palpitations, multiple birthing scenarios, epidural procedures and more can be simulated and controlled while devices track student actions.

The Medical Simulation Center supports Tripler's Graduate Medical Education program.

Tripler is a major teaching center that sponsors 13 physician training programs with over 220 resident positions.



Brig. Gen. Dennis Doyle, commander, PRMC and TAMC, interacts with the high fidelity virtual reality trainer for the da Vinci surgical robot during the Medical Simulation Center open house at TAMC, May 27. Here, Doyle is running one of the EndoWrist manipulation exercises used to develop dexterity.



Brig. Gen. Dennis Doyle (right), commander, PRMC and TAMC, along with Capt. Andrew Findley, deputy commander of Clinical Services, TAMC, interact with a fundamentals of laparoscopic trainer system that allows surgical residents and practicing surgeons to develop psychomotor skills and dexterity required in basic laparoscopic surgery.



During an open house for the Medical Simulation Center, May 27, TAMC displayed "NOELLE," a high fidelity delivery manikin that can blink, breath and is warm to the touch. The robot is used for competency-based programs where realistic fetal palpitations, multiple birthing scenarios, epidural procedures and more can be simulated.

Fighting suicide places a spotlight on male Soldiers

LAURA VASQUEZ

U.S. Army Public Health Command

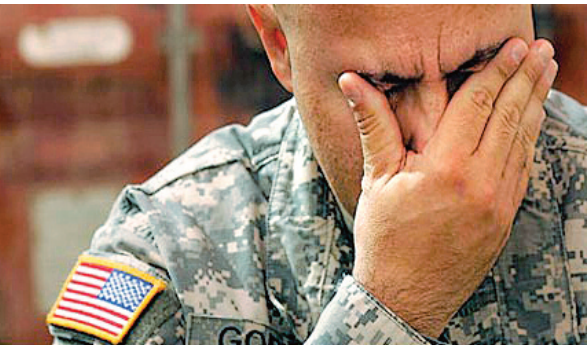
ABERDEEN PROVING GROUNDS, Md. — June is Men’s Health Month and an opportunity to focus on our male Soldiers.

Suicide is a special concern for male Soldiers because men comprise the overwhelming majority of the force, and men are four times more likely to die from suicide than women.

With the surge of U.S. military suicides following a decade at war, many of us have heard stories of a struggling Soldier or news reports of Soldier suicides. In fact, in 2012, the number of Soldiers who died from suicide exceeded the number of Soldiers who died in combat.

Why are men more likely to die from suicide?

Men are much more likely to die from suicide, even though women attempt suicide more often. Reason, men often choose more lethal methods or have access to firearms, are less likely to seek help or social support, may show fewer warning signs to others and may exhibit symptoms of emotional distress via anger, instead of sadness, masking their intentions.



Why is suicide a special concern for male Soldiers?

Studies show that male veterans under the age of 30 are three times more likely to die from suicide than civilian males in the same age bracket. The risk factors for Soldier suicides mirror the risk factors for suicides in the civilian population; yet, Soldiers face unique stressors that can increase their suicide risk, such as deployments, potential loss of rank and pay, or the inherent hardships of being a junior enlisted Soldier.

Combat exposure is a risk factor for behavioral health issues that may increase a Soldier’s suicide risk. However, like civilians, Soldiers can experience suicidal thoughts or actions without any exposure to combat.

Soldiers are often concerned that seeking help or taking medication will affect their careers. In 2008, the Secretary of Defense successfully advocated for Soldiers to seek behavioral health treatment related to familial or occupational stressors, without jeopardizing their career, just as they would seek help for physical health conditions.

What else can influence suicidal thoughts or actions?

Family or interpersonal issues, such as break ups of significant relationships, financial problems, family history or behavioral health disorders can lead to suicidal thoughts.

It’s important to remember that no specific trigger is needed to experience suicidal thoughts, and suicidal thoughts or high-risk behavior should always be taken seriously.

How can I help?

Suicide prevention is a high priority for the U.S. Army. The Army has made efforts, such as the Army’s suicide stand-down event, to reduce suicides. Participating in initiatives like this can help in the fight against suicide.

What are the warning signs of suicide?

- Here are some:
- Talking about wanting to die or wanting to kill themselves.
 - Discussing plans for suicide.
 - Feelings of hopelessness, desperation and shame.
 - Thoughts of being trapped or a burden to others.
 - Intense emotional suffering.
 - Emotional numbing or loss of interest in pleasurable activities.
 - Social withdrawal and isolation from family, friends or the team.
 - Sudden relationship changes.
 - Access to lethal means, like firearms.

Suicide is a preventable cause of death

Most individuals who are suicidal give clues to people

around them without ever reporting their symptoms to a health care provider. Picking up on warning signs and getting someone help can save a life.

The war against Soldier suicide is far from over, and suicides can be prevented at all levels, starting with individuals who are closest to the person struggling.

Individuals like you can help by educating yourself about suicide prevention and learning the warning signs to take action.

Hotline Assistance

If you know of a service member or an individual in a crisis, call 911, escort him immediately to the nearest emergency room or contact your chaplain or behavioral health provider.

You may also contact the National Suicide Prevention Lifeline at 1-800-273-TALK (8255), 24 hours a day.

‘Performance Triad’ fuels Soldiers’ IRONMAN finish

SARAH PACHECO
Staff Writer

SCHOFIELD BARRACKS — The Army Medical Command recently rolled out the Performance Triad at bases throughout the Army in order to stress the importance of leading a healthy, balanced lifestyle.

According to Army Medicine, the three components of the Armywide initiative — sleep, activity and proper nutrition — are important independently, but must be addressed simultaneously in order to achieve optimum performance, readiness and resilience.

Capt. Rhett Soltas and 1st Lt. Travis Kaufman, both battalion physician assistants from 3rd Battalion, 7th Field Artillery Regiment, 3rd Brigade Combat Team, 25th Infantry Division, stress these focus points daily to patients at the 3rd BCT Soldier Centered Medical Home of the U.S. Army Health Clinic, here.

However, Soltas and Kaufman also practice what they preach, and the two more than “walked the walk,” last weekend, when they both competed in and completed the ultra-competitive IRONMAN 70.3 Hawaii.

Nicknamed “The Honu,” the half-IRONMAN is considered a mandatory race on the schedules of professional and age-group triathletes looking to prepare or qualify for the full-distance IRONMAN championship in Kona.

The race began with a 1.2-mile swim in the waters off Hapuna Beach State Park, then continued with a 56-mile bike along the infamous Queen Kaahumanu and Akoni Pule highways toward the tiny northern town of Hawi. There, competitors turned around and cycled their way back through black lava fields, historic Hawaiian heiau (temples) and the notoriously challenging Kamakani headwinds to the next and final portion of the race: a half marathon, or 13.1-mile run.

“The bike course was challenging, with strong head winds and lots of rolling hills ... (but) the run was by far the biggest challenge!” reported Soltas, who said his strength is in the swim.

“The run course included short, steep climbs on a golf course and took us out onto hot lava fields that lacked any kind of shade,” Soltas explained. “Several emotions swirled



Photo courtesy Capt. Rhett Soltas

Capt. Rhett Soltas (left) and 1st Lt. Travis Kaufman, both battalion physician assistants with the 3rd Bn., 7th FA Regt., 3rd BCT, 25th ID, flash victorious shaka signs after completing the IRONMAN 70.3 Hawaii, held on the Big Island, May 31.

through me during the last five miles, but coming around the corner and seeing the finish line was by far the best moment all day.”

“It felt great to cross the finish line,” agreed Kaufman. “The heat of the course and lack of shade made the run a challenge. I remember having one mile left and thinking after 69 miles, this is it! That mile was so long and grueling. I had several emotions all at once.”

To ensure they were prepared for both the

physical and mental exhaustion of the course, Soltas and Kaufman relied on the sage advice found in the Performance Triad, implementing the three points into their daily lifestyles, as follows:

●**Activity** — “At the peak of our training, we both trained between 12-15 hours weekly, often divided into morning and evening workouts,” said Soltas, noting that they varied their workouts in frequency, intensity and duration to avoid injuries, as well as cross-trained between aerobic and anaerobic training sessions. “We also avoided back-to-back days of running, as well as multiple high-intensity workouts without adequate recovery days between them, since this significantly increases injuries (something we counsel our patients on),” Soltas noted.

●**Sleep** — “I prefer the term ‘recovery,’” Soltas said, explaining that both he and Kaufman strive for the recommended 7-9 hours of shuteye nightly, because “sleep is when our bodies rebuild themselves and is vital for continued improvement as an athlete. Without sleep, we would be unable to push ourselves in our workouts the way we do,” he said.

Soltas added that in addition to adequate sleep, recovery includes daily stretching after activity and throughout the day, as well as icing sore joints and muscles.

●**Nutrition** — “This is extremely important!” both Kaufman and Soltas said. “Proper nutrition gives us the fuel our bodies need to rebuild after tough workouts, as well as throughout the day as we continually burn calories ‘recovering’. A healthy diet primes our bodies to work at their peak during training sessions, allowing us to achieve significant gains for race day.”

Their diet included several small meals and healthy snacks spread throughout the day, with lots of whole foods, to include good carbohydrates, fruits, vegetables and lean protein; minimal red meat; and zero fast food, sugary beverages or energy drinks.

“By us doing what we’re doing, we’re no longer just telling someone to do something. We can say, look, I just did a triathlon this weekend. This is what I did, these are the injuries I have (and) this is how you can get

through it,” Soltas said.

“It give us more credibility, too,” Kaufman added. “When we’re out there with Rangers and Sappers and Special Forces guys every morning, sometimes we’re just the medical or PA (physicians assistants), but then they see that we’re athletes as well. That gives us more credibility.”

Soltas completed the Honu — the first triathlon of this distance for the athlete — in a time of 5 hours:39 minutes:41 seconds, placing him 36th in his division and 307th out of a total 1,597 finishers.

Kaufman, who has competed in half-IRONMANs before, finished with a time of 5 hours:03 minutes:51 seconds for a 12th-place finish in his division and 91st-place overall ranking.

“When I crossed the finish line at 5 hours, 3 minutes, I was happy it was completed, but look forward to doing it again by using the Performance Triad to help me continue to improve my training by making me a faster, stronger and smarter athlete, Soldier and medical provider,” said Kaufman.

“Crossing the finish line felt amazing, not just because I had gutted out 5 hours, 39 minutes of racing in some unforgiving conditions, but because of the six months of training it took to get there,” Soltas added. “At the finish line, I was instantly greeted by Travis and my teammates who had shared in the misery and excitement of finishing the 70.3 miles.”

Admittedly “fatigued and sore, with heavy legs” nearly a week after the race, Soltas and Kaufman are relying on the Performance Triad to help them recover properly before training begins for their next big race: The Kawela Endurance Triathlon, which is another 1.2-mile swim, 56-mile bike and 13.1-mile run from Kailua to the North Shore, Aug. 16.

“And then, of course, for all triathletes, the goal is to do Kona in October; at least that’s my goal before I leave Hawaii,” said Kaufman.

“I think I might wait a couple years before that!” Soltas laughed. “I’ve only been in the sport for about two years. It takes a lot of discipline, but if not for those three points — the sleep, nutrition and just taking care of your body all around, in general — I know I wouldn’t be able to make it.”